

ProGreens® Capsules

The same formulation as the ProGreens powder but prepared for those preferring the convenience of a capsule. ProGreens® is an all-natural blended variety of "superfoods" that provide broad-spectrum nutritional support from organic grasses and natural food factors not found in isolated vitamins or mineral concentrates.* In addition to the green grasses, sea vegetables (seaweed) and algae, ProGreens® contains adaptogenic herbs, active probiotics, fiber, and a variety of nutrient-rich "superfoods".* **Gluten-free.**

Suggested Use

As a dietary supplement, 2 to 4 capsules one to four times daily, or as directed by a healthcare practitioner.
Pregnant or lactating women considering taking more than 16 capsules per day should consult with their healthcare professional prior to use.
Variations in product color may occur. Keep refrigerated whenever possible, tightly capped.

Formulated exclusively for Allergy Research Group®
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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

AllergyResearchGroup®

ProGreens®

with Advanced Probiotic Formula



Gluten Free!

dietary supplement
180 vegetarian capsules

Supplement Facts

Serving Size		4 Capsules	
Servings Per Container		45	
Amount Per Serving		Amount Per Serving	% Daily Value*
Calories	10	Licorice Root Powder	29 mg †
	% Daily Value*	Suma Root Powder	17 mg †
Total Carbohydrates	1.2 g <2%	Astragalus Root Extract	17 mg †
Vitamin E (D-alpha-Tocopheryl Acid Succinate)	28 IU 93%	Echinacea Purpurea Leaf and Stem Extract	17 mg †
		Milk Thistle Extract (80% Silymarin)	17 mg †
Soy Lecithin (99% oil free)	570 mg †	Dundeliella Extract	11 mg †
Organic spirulina	285 mg †	Dulse Powder	9 mg †
Flax Seed Powder	185 mg †	Ginkgo Leaf Extract (24% Ginkgo Flavonglycosides and 6% Terpene Lactones)	6 mg †
Apple Pectin and Fiber	171 mg †	Green Tea Extract (60% Catechins)	6 mg †
Fructooligosaccharides (FOS)	143 mg †	Grape Seed Extract (92% Proanthocyanidins)	6 mg †
Organic wheat grass powder	100 mg †	Bilberry Extract (25% Anthocyanidins)	6 mg †
Organic barley grass powder	100 mg †	Ginger Root Powder	1.4 mg †
Organic alfalfa grass powder	100 mg †	Total non-dairy Probiotic cultures, including:	1.4 billion †
Organic oat grass powder	100 mg †	Lactobacillus group (L. Rhamnosus A, L. Rhamnosus B, L. Acidophilus, L. Casei, L. Bulgaricus)	1 billion †
Chlorella (cracked cell)	100 mg †	Bifidobacterium group (B. Longum, B. Breve)	285 million †
Acerola Berry Juice Powder	57 mg †	Streptococcus thermophilus	143 million †
Beet Juice Powder	57 mg †		
Spinach Powder (1.5% octacosanol)	43 mg †		
Royal Jelly (3X)	43 mg †		
Bee Pollen	43 mg †		
Eleuthero Root Extract	37 mg †		

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, silicon dioxide, magnesium stearate.

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